



WEEKEND WARRIOR PROGRAM

# PHASE 3 / WEEK 3 OF 6

ENHANCED STRENGTH | SPEED | ENDURANCE

PROGRAM <b>Weekend Warrior</b>	PHASE <b>3</b>	WEEK <b>3 of 6</b>	FOCUS <b>Build</b>
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Week 3 builds on Week 2's foundation, layering in pacing intervals to sharpen your power output and lactate tolerance. Expect Combo Weight Workouts Tuesday and Thursday to keep building muscles that resist fatigue, midweek Bike Pacing Intervals to push your speed at controlled effort, an Aerobic Bike ride Friday, and weekend MX sessions paired with 2-hour naps and afternoon rides to compound strength, speed, and aerobic capacity. Monday is complete rest. Stay aggressive – **this is the week your engine, output, and durability start translating into real race-day speed.**

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Rest Day</b> Complete Rest	<b>Weights</b> Combo Weight Workout	<b>Bike</b> Pacing Intervals 70 Min	<b>Weights</b> Combo Weight Workout	<b>Bike</b> Even Tempo 90 Min	<b>MX Aerobic + Bike</b> MX Aerobic #1 + Nap + Bike	<b>MX Speed + Bike</b> MX Speed #1 + Nap + Bike

TRAINING INTENSITY GUIDE

● **HR Zone 2 or Below – Blue Workouts**

Builds your aerobic engine. Burns fat as a primary fuel source. You should be able to sing or talk without any problem.

● **HR Zone 3+ – Red Workouts**

Builds your strength, speed & lactate tolerance. Burns stored sugar as a primary fuel source. Near-maximum effort.



# MONDAY

Complete Rest Day – Sleep, Nutrition & Recovery Focus

REST

**Body Analysis:** Use your **Coach Robb Report Card** to log this information for evaluation purposes.

## Complete Rest Day

**Misc. Notes:** If logistically possible, sleep in and don't begin your day with an alarm; instead wake up when your body is ready. Before getting out of bed, lay flat on your back and relax; focus on **diaphragmatic breathing** and maximizing your oxygen uptake. After you become completely relaxed, get the small of your back flat on your bed. If you are not able to keep your lower back flat on the bed, take some extra time and [foam roll](#) your quads, ITB and glutes.

## EVENING PROTOCOLS

- ▶ **Nutrition:** Consume a highly dense snack or smoothie to help satisfy your brain's need for sugar and your muscles' need for amino acids
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw, nose closed



# TUESDAY

## Combo Weight Workout: Muscular Endurance Phase 1

STRENGTH

**Body Analysis:** Use your **Coach Robb Report Card** to log this information for evaluation purposes.

**Workout Notes:** Come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.

Please use the spreadsheet and associated videos listed at the bottom of this document.

### POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

### EVENING PROTOCOLS

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw, nose closed



# WEDNESDAY

Bike: Pacing Intervals (70 Minutes)

INTERVALS

**Body Analysis:** Use your **Coach Robb Report Card** to log this information for evaluation purposes.

## Complete Racing Solutions Bike: Pacing Intervals (70 Minutes)

**Workout Notes:** To maximize your productivity for this workout, you will need to have your bike computer set to speed & easily available to you. Each interval block will last five (5) minutes with five (5) minute recovery (no shorter to maintain optimum power output).

**PRE-HYDRATION & NUTRITION** 10–15 minutes prior, consume 8–10 oz of cold [Energy Fuel](#).

### WARM UP – HR ZONE 1 (15 MIN)

**Duration:** 15 minutes

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

Stretch and hydrate before moving into main set.

### MAIN SET – 50 MIN (REPEAT, UP TO HR Z3)

**5-Minute Pacing Block:** Each minute increase speed by 1 mph (e.g., Min 1 = 15 mph, Min 2 = 16 mph, etc.). Adjust gearing so cadence stays within 75–85.

**5-Minute Recovery Block:** Easy spinning – you can't spin too easy here.

Hydrate with Energy Fuel every 10 minutes.

### COOL DOWN – 5 MIN (HR ZONE 1)

**Duration:** 5 minutes (no shorter)

**Cadence:** 85–90

Don't dismount until your heart rate is within HR Zone 1.

### POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

### EVENING PROTOCOLS

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw, nose closed



# THURSDAY

## Combo Weight Workout: Muscular Endurance Phase 1

STRENGTH

**Body Analysis:** Use your **Coach Robb Report Card** to log this information for evaluation purposes.

**Workout Notes:** Come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level.

Please use the spreadsheet and associated videos listed at the bottom of this document.

### POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

### EVENING PROTOCOLS

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw, nose closed



# FRIDAY

Bike: Even Tempo / Aerobic Enhancement (90 Minutes)

AEROBIC

**Body Analysis:** Use your **Coach Robb Report Card** to log this information for evaluation purposes.

## Complete Racing Solutions Bike: Even Tempo / Aerobic Enhancement (90 Minutes)

**Workout Notes:** Keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity. Adjust your gearing to keep your leg turnover in the 80–90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

**PRE-HYDRATION & NUTRITION** 10–15 minutes prior, consume 8–10 oz of cold [Energy Fuel](#).

### WARM UP – HR ZONE 1

**Duration:** 10 minutes

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

Stretch and hydrate before moving into main set.

### MAIN SET – 70 MIN (HR ZONE 2)

**Cadence:** 80–90

Tallest gearing maintaining chain tension tight. Every 10 min stand up and stretch hamstrings, quads, calves, lower back.

### COOL DOWN – 10 MIN (HR ZONE 1)

**Duration:** 10 minutes (no shorter)

**Cadence:** 80–85 (no higher/lower)

Stretch lower back, calves, quads prior to dismounting.

### POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

### EVENING PROTOCOLS

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw, nose closed



# SATURDAY

MX: Aerobic Workout #1 + Nap + Bike Even Tempo (90 Min)

MX + BIKE

**Body Analysis:** Use your **Coach Robb Report Card** to log this information for evaluation purposes.

## Morning Workout – Complete Racing Solutions MX: Aerobic Workout #1

Please refer to the spreadsheet at the bottom of this document.

**Workout Notes:** This set is going to teach you how much faster you can go when you focus on staying aerobic for 95% of your total ride time. Your last set will feel easy due to the fact that you have been aerobic for the majority of your workout. Pay close attention to your heart rate to ensure that you have the energy stored to drop the hammer during set number five.

### POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

### EVENING PROTOCOLS

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw, nose closed

## ☾ 2-Hour Nap After Mid-Day Meal

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids.

## Afternoon Workout – Complete Racing Solutions Bike: Even Tempo / Aerobic Enhancement (90 Min)

**Workout Notes:** Keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity. Adjust your gearing to keep your leg turnover in the 80–90 range.

### WARM UP – HR ZONE 1

**Duration:** 10 minutes

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear

### MAIN SET – 70 MIN (HR ZONE 2)

**Cadence:** 80–90

Tallest gearing maintaining chain tension. Every 10 min stand up and stretch.

### COOL DOWN – 10 MIN (HR ZONE 1)

**Duration:** 10 minutes (no shorter)

**Cadence:** 80–85 (no higher/lower)

Stretch lower back, calves, quads prior to dismounting.



# SUNDAY

MX: Speed Workout #1 + Nap + Bike Even Tempo (90 Min)

MX + BIKE

**Body Analysis:** Use your Coach Robb Report Card to log this information for evaluation purposes.

## Morning Workout – Complete Racing Solutions MX: Speed Workout #1

Please refer to the spreadsheet at the bottom of this document.

**Workout Notes:** This day needs to be approached as if it was a national – food, warm up, etc. The mental side of this workout is for you to familiarize your body with what you expect from it on race day: perfect execution of all the homework you have put into your racing.

### POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

### EVENING PROTOCOLS

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw, nose closed

## ☾ 2-Hour Nap After Mid-Day Meal

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks for recovery.

## Afternoon Workout – Complete Racing Solutions Bike: Even Tempo / Aerobic Enhancement (90 Min)

**Workout Notes:** Keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity.

### WARM UP – HR ZONE 1

**Duration:** 10 minutes  
**Cadence:** 80–85 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear

### MAIN SET – 70 MIN (HR ZONE 2)

**Cadence:** 80–90  
Tallest gearing maintaining chain tension. Every 10 min stand up and stretch.

### COOL DOWN – 10 MIN (HR ZONE 1)

**Duration:** 10 minutes (no shorter)  
**Cadence:** 80–85 (no higher/lower)  
Stretch lower back, calves, quads prior to dismounting.



# COMBO WEIGHT WORKOUT

Muscular Endurance Phase 1 · 2 Sets · 8-10 Reps · Quick Up / 3-Count Down

**STRENGTH**

**Pre-Workout:** Consume 8-10 oz of cold [Energy Fuel](#) 10-15 min prior. **Weight:** Choose a weight you can complete 10 reps with good form; maintain the same weight for the second set. **Speed of Lift:** Quick off the bottom, slow (3-count) back to starting point.

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
<b>LOWER BODY CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)</b>			
<a href="#">Walking Lunges – 20 Steps (Out and Back)</a>	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
<a href="#">Single Leg – Good Mornings</a> Weight: Moderate · Right Leg then Left Leg	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	8-10 reps · Quick up / 3-count down
<a href="#">Single Leg – Calf Risers</a>	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
<b>CORE &amp; LOWER BACK CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)</b>			
<a href="#">Abdominal Roll Out on Fit Ball</a>	Reps: ___	Reps: ___	8-10 reps · Slow movement entire range
<a href="#">Abdominal Pike on Fit Ball</a>	Reps: ___	Reps: ___	8-10 reps · Slow movement entire range
<a href="#">Standing Abdominal Twist</a>	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Slow movement entire range
<a href="#">Low Back Extension on Fit Ball</a>	Reps: ___	Reps: ___	8-10 reps · Slow movement entire range
<a href="#">Superman's on Belly</a>	Reps: ___	Reps: ___	8-10 reps · Slow movement entire range
<b>UPPER BODY CYCLE 1 (NO REST BETWEEN EXERCISES)</b>			
<a href="#">Clean &amp; Jerk / Shoulder Press on Indo Board™</a>	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
<a href="#">Single Leg – Bent Over Row</a>	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
<a href="#">Push Ups on Indo-Board (or floor, eyes closed)</a>	Reps: ___	Reps: ___	As many as possible in 30 seconds
<a href="#">Rotator Cuff Rotation on Fit Ball</a> Weight: Light	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Slow movement entire range

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
<a href="#">Lat Drop – Triceps Press on Fit Ball</a>	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
<a href="#">Rear Deltoid on Single Leg</a>	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down

### UPPER BODY CYCLE 2 (NO REST BETWEEN EXERCISES)

<a href="#">Deep Squats / Bicep Curl</a>	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
<a href="#">Incline on Fit Ball</a>	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
<a href="#">Frankenstein’s – Front/Middle Deltoids on Indo-Board</a> (or Single Leg)	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down

### 2000 METER ROWING

<b>Warm up:</b> 200 meters – Low Intensity (Damper Setting 2)	
<b>1,000 meters</b> at 80-85% effort (Damper Setting 5)	Elapsed Time: _____
1-minute rest   25 push-ups with eyes closed   1-minute rest	
<b>1,000 meters</b> at 80-85% effort (Damper Setting 5)	Elapsed Time: _____

### BICYCLE SPRINTS

<b>Warm up:</b> 2 minutes – Low Intensity (Light Load Levels). Then increase load levels to MODERATE.	
<b>2-minute interval</b> at 80-85% effort	Distance Covered: _____
1-minute rest	
<b>2-minute interval</b> at 80-85% effort	Distance Covered: _____
1-minute rest	
<b>2-minute interval</b> at 80-85% effort	Distance Covered: _____



# MX AEROBIC WORKOUT #1

Workout Focus: Aerobic Enhancement – Total Duration: 2 Hours

**AEROBIC**

Complete Racing Solutions Aerobic MX Workout #1    Workout Focus: Aerobic Enhancement    Total Duration: 2 Hours		
Set	Description	Intensity
<b>Warm Up</b>	<b>Set Focus: generate blood flow into all the working muscles</b>	
	Concept 2™ Rower – 10 minutes: low intensity pulling Stretch passively (no bouncing) from head to toe	Less Than <40%
<b>Main Set #1</b>	<b>Set Focus: Reaction Time &amp; First Turn Aggression</b>	
	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.	N/A
	<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></i>	
<b>Main Set #2</b>	<b>Set Focus: Aerobic Enhancement / Internal Pacing</b>	
	Complete your interval with a start and then settle into the track at a pace you can maintain (less than a two second deviation) for 30 minutes. Note: first fifteen minutes take the optimum lines and maintain optimum momentum; last fifteen minutes take the non-optimum lines & focus on belly breathing	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	<b>85–90%</b>
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	<b>85–90%</b>
	<b>Fastest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____ <b>Avg. Heart Rate:</b> _____ <b>Max HR:</b> _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
<b>Main Set #3</b>	<b>Set Focus: Reaction Time &amp; First Turn Aggression</b>	
	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.	N/A
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
<b>Main Set #4</b>	<b>Focus: Aerobic Enhancement / Internal Pacing</b>	
Same notes as Set #2 – 30-minute straight moto with consistent lap times beginning to end.		

Complete Racing Solutions Aerobic MX Workout #1      Workout Focus: Aerobic Enhancement      Total Duration: 2 Hours		
Set	Description	Intensity
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	85-90%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
	<b>Fastest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____ <b>Avg. Heart Rate:</b> _____ <b>Max HR:</b> _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
<b>Main Set #5</b>	<b>Set Focus: Sprint Speed</b>	
	Complete a start and then merge onto the track just like a race. Over the next 2 laps, hold a pace that challenges you (don't ride over your head and make an injury provoking mistake). <b>REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL</b>	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	2 Lap Elapsed Time Int. #1: _____ 2 Lap Elapsed Time Int. #2: _____	95-100%
	2 Lap Elapsed Time Int. #3: _____ 2 Lap Elapsed Time Int. #4: _____	95-100%
<b>Fastest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____ <b>Avg. Heart Rate:</b> _____ <b>Max HR:</b> _____ _____		
<b>Warm Down</b>	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)	<40%
<b>Pre-Riding Weight:</b> _____ <b>Post-Riding Weight:</b> _____ <b>Total Fluids Consumed:</b> _____ <b>Loss/Gain:</b> _____		



# MX SPEED WORKOUT #1

Workout Focus: Opening Speed – Total Ride Time: 60 Minutes

**SPEED**

Complete Racing Solutions MX Speed Workout #1		Workout Focus: Opening Speed Total Ride Time: 60 Minutes		
Set	Description	Intensity		
<b>Set Focus: Gradual Warm Up</b>				
<b>Warm Up</b>	Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	Less Than 50%		
	Rest For 10 Minutes – Stretch from head to toe / Re-hydrate			
<b>Set Focus: Pre-Race Routine</b>				
<b>Main Set #1</b>	Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.	Too Short To Evaluate		
	Rest For 10 Minutes – Stretch from head to toe / Re-hydrate			
<b>Set Focus: Opening Lap Speed</b>				
<b>Main Set #2</b>	This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity.			
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____			
	Rest Interval: 5 Minutes (no more or less) – Stretch and hydrate as necessary			
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	<b>90-95%</b>
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	<b>90-95%</b>
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	<b>90-95%</b>
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	<b>90-95%</b>
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	<b>90-95%</b>
<b>Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____</b>				
Rest For 10 Minutes – Stretch from head to toe / Re-hydrate				
<b>Main Set #3</b>	<b>Set Focus: Hold Consistent Times At An Aerobic Effort</b>			
	Hold your pace for 30 minutes Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high-quality pacing intervals.			

Complete Racing Solutions MX Speed Workout #1		Workout Focus: Opening Speed Total Ride Time: 60 Minutes	
Set	Description	Intensity	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____		
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	80–85%	
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85–90%	
	<b>Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____</b>		
<i>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</i>			
<b>Main Set #4</b>	<b>Set Focus: Hold Consistent Times At An Aerobic Effort</b>		
	Hold your pace for 30 minutes With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate.		
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____		
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____		80–85%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____		85–90%
	<b>Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____</b>		
<b>Warm Down</b>	5 min/easy riding – nothing structured or intense; watch the HR and wait for it to come down		<b>&lt;40%</b>
<b>Pre-Riding Weight:</b> _____		<b>Post-Riding Weight:</b> _____	
<b>Consumed:</b> _____		<b>Loss/Gain:</b> _____	
		<b>Total Fluids</b>	